




# Until recently, I thought this was my only family heirloom



Chaz  
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>  
2008-02-22 11:39:00

**MOOD:** 😞 hungry

**MUSIC:** Duke's really weird-sounding touch-typing

Well, not quite--I have a couple of other recipes from my mom. But she made this a lot when I was a kid--it's easy and fast, and tastes good, and by Southern standards it's healthy and wholesome, and it's a cheap way to make a lot of food, and when we didn't have a lot of money, that was important.

## Addy Villette's dirty rice recipe

This is about how Mom used to make it for the two of us--if I were doing it for me, now, I'd probably double the quantities.

Animal fat and protein:

- 1/2 of a tube of Jones frozen pork sausage (not links) (thawed out)
- 1 cup chicken hearts and gizzards (I don't like livers, which means my dirty rice doesn't really look all that dirty, because it's the crumbled up livers that make it look like mud.)
- a teaspoon or two of chicken fat or bacon fat

Trinity:

- 1/2 of a green bell pepper
- 1 rib of celery
- 1 medium white or yellow onion

Rice:

- 1 cup long grain rice
- 2 cups hot water or chicken stock

### Spices:

- 1/4 teaspoon salt
- black pepper to taste
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne or a few shakes of Tabasco

### Garnish:

- chopped fresh parsley and green onions

First, heat up a broad-bottomed pan with a tightly fitting lid. Crumble up the sausage into the pan and brown it over medium heat. While this is going on, dice your vegetables. Medium dice--try to get each piece about a quarter of an inch square. The classical proportion for a Creole aromatic vegetable blend (which is what this is: they call it "The Trinity" and it's the flavor base of almost everything. French cooking uses a "mirepoix," which is similar, except carrots replace the pepper as the sweet ingredient.) is to use twice as much pepper as celery, and twice as much onion as pepper.

Or:

1xcelery, 2xpepper, 4xonion.

While you are doing this, occasionally poke the sausage and give it a stir.

When the Trinity is diced up and ready to go, put it on a plate or in a bowl and set it aside. Then chop up your chicken innards (including the livers, if you are using them.) Hearts and gizzards need to be cut up tiny, because they are very strong muscles, and tough. But full of flavor! Livers can just be smushed up in the pan while you are cooking them--they are fragile and will break.

At this point, once the organ meat is chopped, look at the sausage. There probably isn't very much fat in the bottom of the pan, but hopefully there are some browned bits. If there is a tablespoon or so of fat, then you can put the bacon grease back in the fridge. If there isn't, drop in a dollop and stir it around until it dissolves. Then add the chopped organ meats and sautee them.

When they are cooked, dump in the Trinity, and sautee that as well, stirring occasionally, until the vegetables soften and begin to collapse, and the onions go translucent. At this point, scrape the meat and veggies to one side of the pan, and dump in the cup of rice. Mom used white rice, Carolina brand. (The ways in which this is similar to a paella are legion, except no saffron, and no burning the bottom for a crust.) Stir the rice around, sauteeing it in the fat in the bottom of the pan (It won't look like there's enough, but there will be) until each grain is translucent and shiny.

At this point, stir the meat and vegetables into the rice. Sprinkle on the spices. Add two cups of steaming-hot liquid (stock or water) and give it one last stir. Then put your spoon in the sink.

No, put it in the sink. I mean it. If you stir the rice after this, you will just mess it up. So don't.

Turn the heat up to bring the liquid to a boil. When it is bubbling, cover the pan, turn the heat down to medium-low, set your timer for twenty minutes, and WALK AWAY. Do not peek, poke, stir, or investigate. When the timer beeps, walk over to the stove, turn it off, and set the timer for twenty minutes again. Then WALK AWAY AGAIN. Do not lift up the lid! Do not peek! That steam is working hard in there!

When your timer beeps again, come back, and now you may lift up the lid. And garnish the dirty rice with the green onions and parsley, and eat it. With extreme prejudice.

If you were feeling extra-decadent, you could put butter on it.  
*Nom nom nom nom nom.*

### **Failure Modes:**

Crunchy rice: You peeked, didn't you?

Burned: You tried to cook it too fast. Patience, grasshopper....

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...Why yes, I was procrastinating on my paperwork. And yet, when I come back, the paperwork is still there.

As is this enormous pile of case files, which I swear grows an inch every time I turn my back on it.

TAGS: [recipes](#)



### Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

### Experimental Whole Wheat Green Chile Robot Bread #1

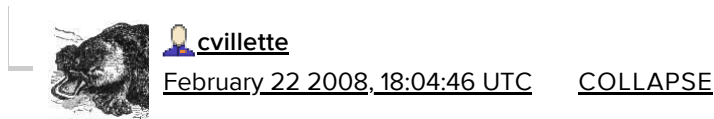
Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

### [locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

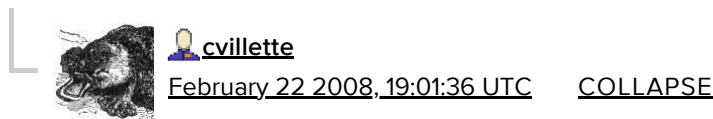
48 comments

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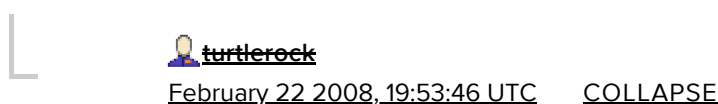


You could use TVP, I bet! And soy sausage.

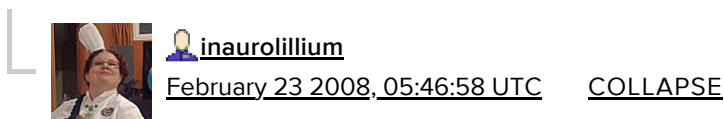
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If you do, and they come out, send the recipe.




**\*\*gets on soapbox\*\*** Sorry to intrude, but as a lurker who has a genetic background similar to Chaz's (but am not Cajun, Canada was not harmed in the making of the French part of my background) and who was born and raised in New Orleans (but currently lives in DC and works in federal law enforcement...hey!), I must speak up in behalf of New Orleans and its food. The city, its culture, and its food are Creole. At some point in the 80's Cajun food became really popular and so traditional New Orleans food and culture started being marketed as "Cajun" to the masses. While there is some overlap, the cultures are quite distinct, although equally rich and fascinating. But wait, the Cajuns gave us Tabasco sauce. Never mind, I must now tip my hat to those culinary geniuses. **\*\*gets off soapbox, dreaming of red pepper.\*\***



**\*applause\***

I can't count how many times I've explained the difference between Cajun and Creole. And I've


never been to Louisiana.

 [dremiel](#)

[February 23 2008, 05:44:39 UTC](#) [COLLAPSE](#)

Off topic, sort of, I can't find Boca's smoked sausage 'round these parts anymore and it was my go to protein for veggie gumbo. Any sightings out your way?



 [trollcatz](#)

[February 22 2008, 18:42:56 UTC](#) [COLLAPSE](#)

Damn, I just *had* lunch, and I'm hungry again. (Mmmmmm, pizza, though.) Why is this comfort food even in the reading of it? That shouldn't work, should it?

Re the typing: It really is. I just figured his brain had a different drum machine from mine. \*g\*




 [cvillette](#)

[February 22 2008, 18:45:46 UTC](#) [COLLAPSE](#)

Rice is always comforting.

Re: Duke: it's the syncopation caused by the missing fingers.

 [ace\\_cub\\_reportr](#)

[February 22 2008, 18:46:28 UTC](#) [COLLAPSE](#)


Hello. I'm sitting right here.

 [cvillette](#)

[February 22 2008, 18:47:15 UTC](#) [COLLAPSE](#)

But you never post anything in your blog, so we can't talk about you in third person over there.



 [trollcatz](#)

[February 22 2008, 18:56:45 UTC](#) [COLLAPSE](#)

We know that--that's why we can hear you, silly!

 [Ometotchtli](#)

[February 22 2008, 19:00:20 UTC](#) [COLLAPSE](#)


So, Harpy. Inquiring minds want to know--

how chalant *were* the Platypus and the girl at the climbing gym last night?

(See, Duke? If you posted to your blog, this is how we'd talk about you there.)

Are we still going out tonight, despite the lck? I could use some out, but it's a long hike home for me....



 [trollcatz](#)

[February 22 2008, 19:23:34 UTC](#)    [COLLAPSE](#)

They lacked sooooo much chalant. They did not lack enough, however. While I was belaying for Tasha, I heard Steve say to the Gecko, "Whatever you are doing right is so not obvious."

Now, see, if he'd been belaying at the time he wouldn't have been swallowing Sobe right then.  
\*g\*



 [cvillette](#)

[February 22 2008, 19:24:58 UTC](#)    [COLLAPSE](#)

Totally busted.

I thought we'd get away with it for at least a week.



 [trollcatz](#)

[February 22 2008, 19:32:05 UTC](#)    [COLLAPSE](#)

Maybe if she'd kept her hands out of your hair. ;-)



[glinda\\_w](#)

[February 22 2008, 19:43:34 UTC](#)    [COLLAPSE](#)

\*peals of laughter\* Yep, busted.



[Ometotchtli](#)

[February 22 2008, 19:25:34 UTC](#)    [COLLAPSE](#)

Aerosolize! Aerosolize! OK!



 [cvillette](#)

[February 22 2008, 19:34:50 UTC](#)    [COLLAPSE](#)

It wasn't me getting hosed down with overpriced, caffeinated canned beverage laced with b-vitamins, at least.



 [trollcatz](#)

[February 22 2008, 18:59:46 UTC](#)    [COLLAPSE](#)

When the sprain was fresh, my typing had drum machine and vocals.

And given how I got it, shouldn't I have been able to buy my way out of reports with that credit chip? But nooooooooo...




 [cvillette](#)

[February 22 2008, 19:01:00 UTC](#)    [COLLAPSE](#)

Nice crimp, man.

(Dad wouldn't want you to think he plays favorites just for life-savin')



 [trollcatz](#)

[February 22 2008, 19:24:51 UTC](#)    [COLLAPSE](#)

Note to self: next time, make deals *before* applying pressure.



 [inaurolillium](#)

[February 22 2008, 19:24:42 UTC](#)    [COLLAPSE](#)

It is also not unlike a pilaf. (Pilaf methodology: Sweat aromats, sautee rice, add liquid, cook while tightly covered.)

Nice recipe, man.



 [cvillette](#)

[February 22 2008, 19:26:50 UTC](#)    [COLLAPSE](#)

Precisely!

You know, there are really only about five recipes in the world. People just make them with different ingredients.



 [inaurolillium](#)

[February 22 2008, 19:32:25 UTC](#)    [COLLAPSE](#)

One of the really good things about a culinary school education is that they teach you by methodology. You don't learn recipes, you learn how to sautee, braise, steam, roast, etc. Then you have a basis for understanding recipes you've never seen before.

...It's nice to be reminded right now that my education was not a total waste of time.




 [cvillette](#)

[February 22 2008, 19:35:46 UTC](#)    [COLLAPSE](#)

Just based on knowing you on the internet, I'd say it's definitely not a waste of time.



 [inaurolillium](#)

[February 22 2008, 19:41:19 UTC](#)    [COLLAPSE](#)

Thanks.

I'm feeling pretty frustrated with just about everything right now, and have been particularly frustrated with school with some months now. Sometimes it's a little bit difficult to remember exactly how much I really have learned there. Reminders good.

 [glinda\\_w](#)

[February 22 2008, 19:49:39 UTC](#)    [COLLAPSE](#)

*The classical proportion for a Creole aromatic vegetable blend (which is what this is: they call it "The Trinity" and it's the flavor base of almost everything. French cooking uses a "mirepoix," which is similar, except carrots replace the pepper as the sweet ingredient.) is to use twice as much pepper as celery, and twice as much onion as pepper.*

And that's my "learned something new today" for this morning.

My mother used that, no name for it, just the base sauteeing, for many things, and meatloaf ingredient, and and and... She didn't have a name for it, though. Cooking as taught in the early 1930s at Overbrook School for the Blind in Philadelphia.

*You know, there are really only about five recipes in the world. People just make them with different ingredients.*

YES. I tell my cooking-impaired-through-lack-of-confidence friend that, and she doesn't believe me.

Yet. \*imagine an evil grin here\* (Hey, I've helped get her into beading, and she firmly believed she had no creativity whatsoever. [Insert rant about the way people bring up their children, to be negative about themselves, here.])



 [cvillette](#)

[February 22 2008, 19:54:00 UTC](#)

[COLLAPSE](#)

They can be converted. Oh yes.



 [turtlerock](#)

[February 22 2008, 20:11:27 UTC](#)

[COLLAPSE](#)

My dad, who is a much purer Creole cook than my mom, also told be the basis of all Creole cooking is "The Holy Trinity," but his version used green bell pepper, green onions, and regular onions. (My family doesn't really cook with celery, although I know many people use it alot.) But it is true. You master the trinity, learn how to make a good all-purpose roux, get comfortable with the concept of cooking as "throwing a ton of stuff in a pot and letting it simmer for a few hours," and you can make almost any Creole dish.



 [uffer](#)


[February 22 2008, 21:18:50 UTC](#)

[COLLAPSE](#)

This is nice to know. I have no idea whether I like the taste of celery or not, as when I've tried it I get the stuff within about 3-5 inches of my face and quite literally gag on the smell.

I suspect I wouldn't like it...



 [kayjayoh](#)


[February 22 2008, 20:43:30 UTC](#)

[COLLAPSE](#)

Why did I think that the Trinity involved okra?





 [cvillette](#)

[February 22 2008, 20:46:35 UTC](#) [COLLAPSE](#)

I don't know?


*Gumbo* involves okra.

 [kayjayoh](#)

[February 22 2008, 21:03:06 UTC](#) [COLLAPSE](#)

That does make sense, what with the thickening properties.



 [inaurolillium](#)

[February 23 2008, 05:49:49 UTC](#) [COLLAPSE](#)

*Gumbo means* okra, or so they taught us in school. Not that I can actually remember which language the word comes from, but supposedly it was an African-language word for okra that got borrowed for the stew.

Mmmmm, mucilage.

 [calanthe-b](#)

[February 23 2008, 02:49:28 UTC](#) [COLLAPSE](#)

~turns green at gills~ That has to be the first time I have ever been *scared* by a recipe...



 [cvillette](#)

[February 23 2008, 02:53:17 UTC](#) [COLLAPSE](#)

Don't you live in the nation that brought us vegemite?

 [calanthe-b](#)

[February 23 2008, 03:17:19 UTC](#) [COLLAPSE](#)

I have never. Eaten Vegemite. In my life. And I flatly refuse to bear any responsibility for it! ;P

 [korvarthefox](#)

[February 23 2008, 14:00:22 UTC](#) [COLLAPSE](#)

Vegemite: Food of champions!

The only difficulty for me is that I live in the U.K., where Vegemite is an exotic foreign luxury item (strangely enough, often sold in health shops). There is a local imitator, Marmite, but that is the spawn of the Devil and some kind of Cthulhoid monstrosity.

 [calanthe-b](#)

...champion *whats*, though?

*sold in health shops*

~boggles~ It's the only foodstuff in the world *known* to have been invented by ~~crazed scientists~~ brewers, and out of the leavings of the beer-making process no less. How can it possibly be considered a health food?

There are no words. Except possibly of the muttered *Mad dogs and Englishmen* variety, but I'll be polite and not mutter them. ;)

 [beatriceeagle](#)

February 23 2008, 03:41:42 UTC [COLLAPSE](#)

I might actually like this, if I could get over the hurdle of *Oh-my-god-there-are-chicken-organs-in-my-rice*.

Actually, hearts and gizzards wouldn't be a problem. It's livers. I know too much about what they do to be able to put them in food.



 [cvillette](#)

February 23 2008, 03:44:57 UTC [COLLAPSE](#)

Right there with you.

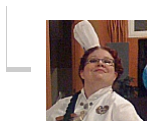
Hearts and gizzards are just muscle.

**[Bits](#)**

 [korvarthefox](#)

February 23 2008, 14:01:41 UTC [COLLAPSE](#)

Liver I'm okay with, although it's not my favourite (the texture, more than anything else). Kidneys, though... I know what kidneys make, and quite frankly, they smell and taste like it.



 [inaurolillium](#)

February 23 2008, 05:51:30 UTC [COLLAPSE](#)

Me, too. The only liver for which I will make an exception is foie gras, and that only in small doses. (I can handle a lot of fat at once, but I can't imagine eating more than two or three ounces of foie at a time.) Hearts and gizzards, no problem.



 [inaurolillium](#)

February 23 2008, 05:52:11 UTC [COLLAPSE](#)

Now I have to ask: What family heirloom have you recently discovered?



[cvillette](#)

February 23 2008, 12:34:52 UTC [COLLAPSE](#)

Oh, that's one of those "there's a funny story about that--" stories, which you can bribe me with cake to tell you in person, sometime.



[inaurolillium](#)

February 23 2008, 20:36:47 UTC [COLLAPSE](#)

Cake: universally acceptable bribe.



**100% off-topic**

[inaurolillium](#)

February 23 2008, 22:29:27 UTC [COLLAPSE](#)

Biodegradable surgical sticky-tape inspired by gecko feet. I love living in the future, even if I don't get a jet pack.



**Re: 100% off-topic**

[cvillette](#)

February 23 2008, 22:31:49 UTC [COLLAPSE](#)

YES!

And eventually, they promise me full-body gecko suits!



[tesla\\_aldrich](#)

February 24 2008, 01:37:03 UTC [COLLAPSE](#)

Thank you! It's simmering right now. Full report to follow (in my journal).

### Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

### Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

### [locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning